WHAT IS CLAIMED IS:

1. A support shelf for supporting a load in a rack system of either a two-post or four-post design, said support comprising:

a base;

said base having an upper surface capable of supporting the load;

a slide; and

said slide capable of attaching only to the base such that the base may be moved with respect to the rack system.

2. The support shelf of Claim 1, wherein the load is equipment not designed or modified to be coupled with the rack system.

3. The support shelf of Claim 2, wherein the equipment is electrical equipment.

4. The support shelf of Claim 3, wherein the electrical equipment is selected from the group consisting of: desktop computers, tower computers, tape drives, hubs and switches.

5. The support shelf of Claim 1, wherein the slide includes means for providing smooth movement of the base with respect to the rack system without need for ball bearings.

6. The support shelf of Claim 5, wherein the means for providing smooth movement includes an inner slide member and an outer slide member.

7. The support shelf of Claim 6, wherein the inner slide member and the outer slide member are coupled via fasteners constructed of a low friction material.

8. The support shelf of Claim 7, wherein the low friction material is brass.

9. The support shelf of Claim 1, wherein the support shelf further includes means for attachment to the rack system regardless of the depth of the rack system.

10. The support shelf of Claim 9, wherein the means for attachment includes a conversion bracket.

11. The support shelf of Claim 1, wherein the rack system is of a two-post design.

12. The support shelf of Claim 1, wherein the rack system is of a four-post design.

13. The support shelf of Claim 1, wherein the base includes means to accommodate loads of varying width.

14. The support shelf of Claim 13, wherein the means to accommodate includes a varied orientation of the base with respect to the rack system.

15. The support shelf of Claim 1, wherein the base further includes means for management of cabling associated with the equipment, said means for management capable of independent movement with respect to the base and with respect to the rack system.

16. The support shelf of Claim 15, wherein the means for management of cabling tracks movement of the base with respect to the rack system.

17. The support shelf of Claim 1, further including means for reducing movement of the load.

18. The support shelf of Claim 17, wherein the means for reducing movement of the load comprises at least one hole in the base, said at least one hole corresponding in location and size to at least one support means of the load.

19. The support shelf of Claim 17, wherein the means for reducing movement of the load includes at least one slot in the base and an anti-slip mat placed between the base and the load.

20. A support shelf for supporting a load not designed or modified to be coupled to a rack system in a rack system of either a two-post or four-post design, said support comprising:

a base;

said base having an upper surface capable of supporting the load;

a slide capable of providing movement of the base with respect to the rack system; and

said base capable of supporting varying widths of the load via altered orientation of the base.

21. The support shelf of Claim 20, wherein the support shelf includes means to couple with rack systems of various depths.

22. A method for supporting a load not designed or modified to couple with a rack system by a support shelf within the rack system having either a two-post design or a four-post design, said support shelf including a base, said method comprising the steps of:

a. selection of a design of the rack system;

b. selection of orientation of the base to accommodate width of the load to be supported;

c. if a two-post design is selected in Step a above, then utilizing a conversion bracket to mount the base in either a centered or flushed position with respect to the rack system; and

d. placing a load on the base to be supported.

23. The method of Claim 22, further including the step of coupling cables associated with the load to be supported to means for cable management.